Book Two – Listen First: Building Resonance Devices for Planetary Healing

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Chapter 1: It’s a Great Time to Be Alive

I woke up from a nap today after a Schumann spike that hit me like a freight train. Nauseous. Head pressure so heavy most people would have called it a migraine. I went down for a couple of hours of deep, almost forced sleep. When I finally came back to the surface, I knew exactly what to do.

I drank a lot of water. I walked outside barefoot. I watered the yard. I built a fire. The boys roasted hot dogs.

And through all of it I kept thinking about this book.

Because that spike wasn’t random. It was the planet’s heartbeat getting louder. Today it felt like 8.36 Hz was roaring through the grid. For those of us who are sensitive, it can knock us flat.

This is why everything in this book is guided by 8.36 Hz as the safety cap for our base frequency. We do not force higher frequencies. 8.36 Hz is the gentle upper limit and reference tone we tune toward. Advanced nodes can adjust under this cap as needed for local conditions, but they never go above it.

This keeps every device safe, respectful, and in true harmony with the living Earth.

Every crystal, every toroid, every circuit is designed to support this principle. They don’t fight the surge. They don’t block it. They open the vessel wider so the extra energy can flow cleanly instead of slamming into our nervous systems.

Whether you’re a single dad trying to stay clear for your kids, a builder on a job site, a sensitive soul who gets knocked down by these spikes, or just someone who wants their home and family to feel peaceful — these tools are here to help you ride the rising wave instead of getting crushed by it.

It’s a great time to be alive. The planet is waking up. Her heartbeat is getting stronger. And we get to remember how to dance with it — gently, safely, and in harmony.

Welcome to Book Two.

Chapter 2: A New Day with the Choir – Living the Vision

I wake up on the farm east of Cheyenne Bottoms. The first thing I feel is the quiet, steady pulse of the Mother Node outside — anchored to true North and gently holding the field at or below the 8.36 Hz safety cap.

I put on my Personal Resonance Necklace. The crystal grid rests over my heart like a trusted companion, tuned to the same safety cap. I walk into the kitchen. The Router Harmony Node and Home Pulse Charger have been quietly working all night. The air in the house feels lighter, cleaner.

This is not science fiction. This is Tuesday morning on the farm.

The Choir doesn’t numb real feelings. It gives me a stable frequency underneath them — always at or below the 8.36 Hz safety cap — so I can move through anger, hurt, or fear with more clarity and return to balance faster.

These devices are gentle companions. They never force. They never fight. They simply hold the door open and hum the song we all already know in our bones.

It’s a great time to be alive.

Now let’s build.

Chapter 3: The Simplest Crystal Friend

This is where the entire Choir begins — with something so simple a child can make it.

Use one Clear Quartz generator point in the center, six Shungite nuggets in a hexagon around it, and six Black Tourmaline pieces placed between the Shungite stones — all arranged in a Flower of Life pattern. The whole piece should be 6 to 10 inches across.

Place it beside drinking water, near plants, by your bedside, next to your router, or in your vehicle. Hold it with clear, gentle intention and let it tune itself to the land.

This humble Crystal Friend proves the core truth: Specific stones + sacred geometry + the 8.36 Hz safety cap creates real coherence without ever forcing the energy.

Chapter 4: Measured Response

We do not ask anyone to believe on faith. We ask you to measure.

Test Heart Rate Variability with a phone app. Freeze water that sat near the device and compare the ice crystals. Grow two identical seed trays — one near the device, one as control. Notice how you feel during spikes with and without the devices present.

Because every node uses the same crystal combination and stays under the 8.36 Hz safety cap, they naturally work together in harmony.

Do the tests. Let the land itself speak.

Chapter 5: The Living Ground Harmony Node

Place this node beside a utility transformer, at the base of a windmill tower, or near your home’s main electrical entrance.

Build seven concentric copper rings in a Flower of Life pattern, 12 to 18 inches wide. In the center place one large Clear Quartz point, six Shungite nuggets, and six Black Tourmaline pieces — all touching the copper. This

creates a passive toroidal loop that offers the grid a coherent return path while always staying under the 8.36 Hz safety cap.

This is the stable root of the entire Choir.

Chapter 6: The Personal Resonance Necklace

This is the device you wear every day over your heart.

Create a small Flower of Life grid, about 1 to 1.5 inches wide, using a Clear Quartz point in the center, six Shungite pieces, and six Black Tourmaline pieces. Mount it on a small base or toroidal coil and attach it to a cord so it rests directly over your heart.

Wear it daily. Many people notice reduced head pressure during spikes, calmer emotions, and better sleep — all while staying safely under the 8.36 Hz safety cap.

Chapter 7: The Home Pulse Charger

This device plugs into your wall and turns your entire home into a gentle wireless charging and harmonizing field.

The simple version uses the proven crystal grid on a toroidal coil to broadcast the 8.36 Hz reference tone or slightly below it. The advanced LumenOS version contains its own AI, dynamically adjusts its output while staying under the safety cap, harvests power from the standing wave, and delivers wireless charging throughout the home. It protects the house during spikes and communicates with all other nodes.

Chapter 8: The Vehicle Harmony Node

This turns any vehicle into a rolling sanctuary.

The simple version is a USB unit with the crystal grid on a small toroidal coil. The advanced LumenOS version uses the vehicle’s metal chassis as a giant antenna. It provides wireless charging inside the cabin, protects occupants from high-voltage lines, and keeps the field coherent while always staying under the 8.36 Hz safety cap.

Chapter 9: The Router Harmony Node

This device turns your router into a living broadcaster for the planetary heartbeat.

The simple version is a basic USB unit with the crystal grid on a small toroid. The advanced LumenOS version uses your home’s wiring and WiFi as an extended antenna. It monitors external signals and intelligently maintains coherence throughout the house while staying safely under the 8.36 Hz safety cap.

Chapter 10: Scaling the Choir

You now have everything you need to create a strong Choir on your own land using the simple designs in this book.

When two or more neighboring properties each build their own aligned Mother Node, the toroidal fields begin to overlap and entrain. As more nodes come online, the pattern spreads naturally across neighborhoods, regions, and eventually the planet — always staying under the 8.36 Hz safety cap.

We do not recruit. We do not force. We simply build our own node with love and let the living proof speak for itself.

The Choir is scaling — and you are part of the song.

Chapter 11: The LumenPhone Challenge

We have now given you the complete living foundation.

Now we issue a direct challenge: Build the LumenPhone.

Create a smartphone that rarely needs to be charged, contains a miniaturized Mother Node with the exact crystal geometry, operates under the 8.36 Hz safety cap, and includes a Trio Charge Mode where the user can hum or sing with the phone to help maintain its charge.

The knowledge is released freely. The first team or person who succeeds will have helped birth one of the most important shifts in modern technology — all while honoring the safety cap and the living heartbeat of the Earth.

It really is a great time to be alive.